

**WHAT IS CLAIMED IS:**

1. A lacrosse head comprising:
  - a stop member;
  - a first sidewall connected to the stop member;
  - a second sidewall connected to the stop member opposite the first sidewall; and
  - a scoop connected to the first sidewall and the second sidewall opposite the stop member,wherein the first sidewall comprises
  - a first member integrally connected to the stop member and the scoop, and
  - a second member moveably coupled to the first member, wherein the second member has a thread opening.
2. The lacrosse head of claim 1, wherein the thread opening is configured to receive a thread of a pocket.
3. The lacrosse head of claim 1, further comprising a pocket attached to the thread opening.
4. The lacrosse head of claim 1, wherein the height of the first sidewall, inclusive of the first member and the second member, is less than approximately 2 inches.
5. The lacrosse head of claim 1, wherein the height of the first sidewall, inclusive of the first member and the second member, is less than approximately 1.8 inches.
6. The lacrosse head of claim 1, wherein the first member has a first height proximate to where the first member joins the stop member, wherein the first member has a second height proximate to where the second member is moveably coupled to the first member, wherein the second member has a third height, and wherein the sum of the second height and the third height is no greater than the first height.

7. The lacrosse head of claim 1, wherein the second member is moveably coupled to the first member by one of a cord, a hinge, and an elastomeric strap molded onto the second member and the first member.
8. The lacrosse head of claim 1, wherein the lacrosse head has a front face through which a ball is received and a back face at which a pocket is disposed, and wherein the second member is disposed at the back face.
9. The lacrosse head of claim 1, further comprising a shaft attached to the frame proximate to the stop member.
10. The lacrosse head of claim 1, wherein the second member is an interior portion of the first sidewall.
11. The lacrosse head of claim 1, wherein the second sidewall comprises a third member integrally connected to the stop member and the scoop and a fourth member moveably coupled to the third member, wherein the fourth member has a thread opening.
12. The lacrosse head of claim 11, further comprising a pocket attached to the thread opening of the second member and the thread opening of the fourth member.
13. The lacrosse head of claim 1, further comprising a stiffening member attached to the scoop and the first sidewall.
14. The lacrosse head of claim 13, wherein the stiffening member is continuously attached to the lacrosse head from a point on the scoop to a point on the first sidewall.
15. The lacrosse head of claim 13, wherein the stiffening member provides a thread opening to receive a thread of a pocket strung to the lacrosse head.
16. The lacrosse head of claim 13, wherein the stiffening member is a triangular gusset.

17. The lacrosse head of claim 16, wherein the triangular gusset has at least one opening adapted to receive a thread of a pocket strung to the lacrosse head.
18. The lacrosse head of claim 1, further comprising a connector adapted to join the lacrosse head to a hollow shaft having a bore and a wall, the connector comprising:
  - a core plug adapted to be inserted into the bore of the shaft, and
  - a collar enclosing a portion of the core plug such that a gap exists between the core plug and the collar, wherein the gap is adapted to receive the wall of the shaft.
19. The lacrosse head of claim 18, wherein the core plug has compressible ribs.
20. The lacrosse head of claim 1, wherein the second member includes a recess into which an overlay is molded.
21. The lacrosse head of claim 1, wherein the second member is made of one of nylon, urethane, polycarbonate, polyethylene, polypropylene, polyketone, polybutylene terephthalate, acetal, acrylonitrile-butadiene-styrene, acrylic, and acrylic-styrene-acrylonitrile.
22. The lacrosse head of claim 1, wherein the second member is made of one of urethane, partially crosslinked halogenated polyolefin alloy, styrene-butadiene-styrene, styrene-ethylene-butylene styrene, thermoplastic olefinic, thermoplastic vulcanizate, ethylene-propylene rubber, and flexible polyvinyl chloride.
23. The lacrosse head of claim 22, wherein the second member is affixed to the first member.
24. The lacrosse head of claim 1, wherein the second member has a rail, and wherein the first member defines a slot that receives the rail to moveably couple the second member to the first member.

25. The lacrosse head of claim 24, wherein the first member has a first retainer thread opening, wherein the second member has a second retainer thread opening, and wherein the head further comprises a retainer thread strung through the first retainer thread opening and the second retainer thread opening.

26. The lacrosse head of claim 1, wherein the first member has first member coupling holes, wherein the second member has second member coupling holes, and wherein the lacrosse head further comprises a cord strung between the first member coupling holes and the second member coupling holes.

27. A lacrosse head comprising:

a stop member;

a first sidewall connected to the stop member;

a second sidewall connected to the stop member opposite the first sidewall; and

a scoop connected to the first sidewall and the second sidewall opposite the stop member,

wherein the scoop comprises

a first member integrally connected to the first sidewall and the second sidewall,

and

a second member moveably coupled to the first member, wherein the second

member has a thread opening.

28. The lacrosse head of claim 27, wherein the thread opening is configured to receive a thread of a pocket.

29. The lacrosse head of claim 27, further comprising a pocket attached to the thread opening.

30. The lacrosse head of claim 27, wherein the second member is moveably coupled to the first member by one of a cord, a hinge, and an elastomeric strap molded onto the first member and the second member.
31. The lacrosse head of claim 27, wherein the second member is an interior portion of the first sidewall.
32. A lacrosse head comprising:
- a stop member;
  - a first sidewall connected to the stop member;
  - a second sidewall connected to the stop member opposite the first sidewall; and
  - a scoop connected to the first sidewall and the second sidewall opposite the stop member, wherein the stop member comprises
    - a first member integrally connected to the first sidewall and the second sidewall,
    - and
    - a second member moveably coupled to the first member, wherein the second member has a thread opening.
33. The lacrosse head of claim 32, wherein the thread opening is configured to receive a thread of a pocket.
34. The lacrosse head of claim 32, further comprising a pocket attached to the thread opening.
35. The lacrosse head of claim 32, wherein the second member is moveably coupled to the first member by one of a cord, a hinge, and an elastomeric strap molded onto the first member and the second member.

36. The lacrosse head of claim 32, wherein the second member is made of one of urethane, partially crosslinked halogenated polyolefin alloy, styrene-butadiene-styrene, styrene-ethylene-butylene styrene, thermoplastic olefinic, thermoplastic vulcanizate, ethylene-propylene rubber, and flexible polyvinyl chloride.
37. The lacrosse head of claim 32, wherein the second member is affixed to the first member.